

August		Coconino County Community Services Department Senior Nutrition Program 850 W. Grant, Williams, AZ 86046 928-679-7485 Congregate Meals Served Daily at 12 Noon				2016
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Tea & Games 10:00am Senior Activity Committee Meeting 10:00am	2 Wii Bowling All Day Long	3 Medical Shuttle to Flagstaff 12:30	4 Flagstaff Shopping Trip 9:00am	5 Dancing Divas 9:00-10:00	6
7	8 Tea & Games 10:00am	9 Wii Bowling All Day Long	10 Medical Shuttle to Flagstaff 12:30	11 Senior Shopping Trip to Prescott 9:00am	12 Dancing Divas 9:00-	13
14	15 Tea & Games 10:00 am	16 Wii Bowling All Day Long	17 Medical Shuttle to Flagstaff 12:30	18 Flagstaff Seniors for Picnic and Games All Day	19 Dancing Divas 9:00am	20
21	22 Tea & Games 10:00am	23 Wii Bowling Tournament All Day	24 Medical Shuttle to Flagstaff 12:30	25 Bearizona 9:00am Senior Picnic	26 Dancing Divas 9:00am	27
28	29 Tea & Games 10:00am	30 Wii Bowling All Day Long	31 Medical Shuttle to Flagstaff 12:30			

- Each Congregate Meal is served with Coffee, Tea or Low Fat Milk.
- To cancel a home delivered meal (MOW) for the day, please call 679-7487 before 9:00am.
- MOW participants: Please return plastic trays to the delivery driver the following day. Plastic trays can be heated in a microwave oven, however, do not put aluminum trays in a microwave. You may be charged for damaged trays.
- Menus are subject to change without notice.
- Suggested Contribution: Seniors (60 and over or spouse) \$4.00.
- Mandatory Lunch Fee: Adult (59 and under) \$5.00, Children (12 and under) \$3.00.

Senior Nutrition Program is funded in part by Area Agency on Aging (NACOG) and DES